

Burn out is an expensive problem for many industries. Regardless of skill level or expertise, you can't get around the impact of stress on the human body. Repeated extended work hours or high intensity work environments will take a toll on the nervous system of even the most resilient person.

Through my extensive training career of more than a decade in the therapeutic movement industry, I was fortunate enough to learn from some of the most cutting edge neuroscientists and somatic therapists. Their discoveries are brought to bear in this training.

Program 1: Stress Resilience & Mindfulness

Constant stress takes a real and tangible toll on the human body. Many people are in a state of neurological dysregulation that can contribute to a number of physical issues, such as trouble sleeping, compromised immune system and chronic fatigue, and impact their ability to be effective at work. By using a few tried and true down-regulation and breathing methods, the nervous system can be trained back into a state of healthy balance. The goal is sustainable calm and clarity that will serve you at work and in life.

This training is designed to include a brief, physical practice on the floor for maximum effectiveness. However, should the venue be prohibitive (ex: auditorium seating) that section may be omitted.

Key elements include:

- Understanding how chronic up-regulation impacts the body
- Learning how breath mechanics influence the nervous system
- Harnessing subtle breath awareness to become present
- Using breath and internal perception for conscious awareness
- Practicing breath control to bring about mindfulness
- Managing stress with resiliency tools